

Component Crediting



South Dakota Department of Education
Child & Adult Nutrition Services

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Welcome to the SD Child and Adult Nutrition Services webinar on Component Crediting.

The following presentation will focus on how to calculate crediting for components in the school lunch and breakfast programs. We will be using recipes, and a component contribution worksheet, which can be found on the CANS-memos webpage, under SNP Memo 235-1 – Recipe Analysis Worksheet.

<http://doe.sd.gov/cans/memos.aspx>

235-1

Standardized Recipes
Standardized Recipe Form
Standardized Spaghetti
Recipe Analysis Spaghetti
Recipe Analysis Worksheet



RECIPE ANALYSIS
PRACTICE WORKSHEET

Recipe Name: _____ Portions per Recipe: _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/M						
F/V						
G/B						
Totals						(14 c)
Portions per recipe						
				total divided by number of	total divided by # to get units in	total divided by number of

page numbers refer to 2001 Food Buying Guide

NOTES:

- * Use the conversion chart in on page 138 FBS.
- ** Remember to convert units to cups.



(2)

Before we begin, please go to the CANS-memo page, and save a copy of the Recipe Analysis Worksheet found in SNP Memo 235-1.

Scroll down and find SNP Memo 235-1, and click on the Recipe Analysis Worksheet. This will open a practice worksheet in Word document form. Save the workbook in a location where you will be able to find it.

Please have the practice worksheet and calculator available for this training.

Also, calculating components can be complex and problematic. Please feel free to pause the webinar as you go, or re-watch afterward.

Starting Out

Practice recipe only – not standardized

CHILI w/BEANS – 50 1 cup servings

7 lb raw ground beef
 1/2 lb fresh onions, chopped
 1 Tbsp ground black pepper
 3 T chili powder
 1/2 #10 canned diced tomatoes w/ juice
 2 quarts water
 1/4 #10 can tomato paste
 1/2 #10 canned pinto beans, drained

Brown ground beef. Drain. Add onions, chili powder, paprika, onion powder and cook for 5 minutes.

Stir in tomatoes, water, and tomato paste; mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly stirring occasionally until thickened, about 40 minutes.

Stir in beans. Cover & simmer. Stir occasionally.

CCP: Heat to 155° or higher for 15 seconds. Pour into serving pans.
 CCP: Hold for hot service at 140° or higher. Portion with 4 oz and 8 oz ladle.

Yield: about 3 gallons

K-3 1/2 cup svg... 40 1/2 cups
 4-12 1 cup svg... 30 cups

What is the component contribution of meat/meat alternate for 1 cup and 1/2 cup servings?

RECIPE ANALYSIS PRACTICE WORKSHEET

Recipe Name: _____ Portions per Recipe: _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/M/A						
F/V						
G/B						
Totals						(1) X (4)
Portions per recipe				total divided by number of	total divided by # to get units of	total divided by number of

page numbers refer to 2011 Food Buying Guide (1/2011)
 NOTES:
 * Use the conversion chart in on page 136 F&B.
 * Remember to convert ready-to-serve.

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This practice chili recipe will be used today. Begin by first recording the recipe name and portions per recipe. (click).

We will go through the different components on the coming slides.

Quantity and Purchase Unit

Practice recipe only – not standardized

CHILI w/BEANS – 50 1 cup servings

7 lb raw ground beef
 1/2 lb fresh onions, chopped
 1 Tbsp ground black pepper
 3 T chili powder
 1/2 #10 canned diced tomatoes w/ juice
 2 quarts water
 1/4 #10 can tomato paste
 1/2 #10 can pinto beans, drained

RECIPE ANALYSIS PRACTICE WORKSHEET						
Recipe Name: Chili with Beans			Portions per Recipe: 50 cups			
Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Ground Beef	7	Lb				
Pinto Beans	1/2	#10 can				
F/V						
Diced Tomatoes	1/2	#10 can				
Tomato Paste	1/4	#10 can				
Fresh Onion	1/2	Lb				
G/B						

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As you can see, we have added our recipe name and portions per recipe to the component contribution worksheet. We are now going to add the creditable ingredients from the recipe. We have a copy of recipe ingredients in the green box for your convenience.

On the practice worksheet, record the creditable ingredients in column 1, and the quantity of the ingredient in column 2. Record the purchase unit in column 3.

The recipe calls for 7 pounds of ground beef. We have recorded this accordingly on the practice sheet (**click**). Additionally, the menu planner has decided to also count pinto beans as a meat/meat alternate in the recipe, which is acceptable. We have recorded the half #10 can of pinto beans in the M/MA section of the worksheet.

NOTE – legumes can be counted as a Meat/Meat Alternate OR a vegetable in a recipe, but cannot be counted as both.

(click)

Moving down to the Vegetable section, we have recorded diced tomatoes, tomato paste, and fresh onion on the practice worksheet, along with their corresponding quantities, and purchase unit.

We will continue on the following slide.

Arithmetic – Ground Beef

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Ground Beef	7	Lb	11.8	82.6		
Pinto Beans	1/2	#10 can	37.2	18.6		

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit EP	Serving Size per Meal Contribution
Meats/Meat Alternates Footnote	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen ¹ ** no more than 20% fat. Includes USDA Foods. (Like IMPS #136) Footnote	Pound	11.80	1 oz cooked lean meat
Meats/Meat Alternates Footnote	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen ¹ ** no more than 20% fat. Includes USDA Foods. (Like IMPS #136) Footnote	Pound	7.89	1-1/2 oz cooked lean meat

(5)

The next column to fill in is column 4 – servings per purchase unit. We will first do the ground beef. As we can see in the food buying guide, 1 pound provides 11.80 1-oz servings of cooked lean meat. **(click)**

We are going to take the servings per purchase unit from the food buying guide and record it on the practice worksheet. **(click)**

Please note, we are using the 1 oz line in the food buying guide since it is easier to work with 1 than 1.5. A conversion would be needed later on if we didn't use the 1 oz line.

To fill in column 5, we need to take column 2 x column 4. **(click)**. This means we must take 7 x 11.8. When we enter this into our calculator, we get 82.6. **(click)**. This means that 7 pounds of ground beef provide 82.6 creditable ounces of meat.

We will work on the pinto beans on the following slide.

Arithmetic – Pinto Beans

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Ground Beef	7	Lb	11.8	82.6		
Pinto Beans	1/2	#10 can	37.2	18.6	←	

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Meats/Meat Alternates* Footnote	Legumes, Dry Beans and Peas BEANS, PINTO	Beans, Pinto, dry, canned Whole, includes USDA Foods	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained beans

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Since we have completed the ground beef, we will now work on the Pinto Beans. The next column to fill in is column 4 “servings per purchase unit”. As we can see in the food buying guide, one #10 can of pinto beans provide 37.2 servings of ¼ cup heated, drained beans. **(click)**

We are going to take the servings per purchase unit from the food buying guide and record it on the practice worksheet. **(click)**

To fill in column 5, we need to take column 2 x column 4. **(click)**. This means we must take 0.5×37.2 . When we enter this into our calculator, we get 18.6. **(click)**. This means that half of a #10 can of pinto beans provides 18.6 ¼ cups.

Please note – in this example, we are crediting the pinto beans as a meat/meat alternate. This is somewhat uncommon, but it is allowable. For crediting purposes, ¼ c of legumes credits as 1 oz of meat/meat alternate. Since the legumes are already in this ¼ c format from the food buying guide, no conversion will be needed later on. We will discuss this more later in the presentation.

Next, we will work on the vegetables.

Arithmetic - Vegetables

F/V						
Diced Tomatoes	1/2	#10 can	49.2		24.6	
Tomato Paste	1/4	#10 can	192		48	
Fresh Onion	1/2	Lb	7.9		3.95	

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Vegetables	Red/Orange Vegetables TOMATOES	Tomatoes, canned Diced. Includes USDA Foods	No. 10 Can (102 oz)	49.20	1/4 cup heated vegetable and juice

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Vegetables	Red/Orange Vegetables TOMATO PRODUCTS	Tomato Products, Canned Tomato Paste 24%-29% Natural Tomato Soluble Solids (NTSS). Includes USDA Foods	No. 10 Can (111 oz)	192.00	1 tablespoon paste (1/4 cup vegetable)

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Vegetables	Other Vegetables* Footnote ONIONS, MATURE	Onions, Mature, fresh All sizes, Whole	Pound	7.90	1/4 cup cooked vegetable pieces

(7)

The next column to fill in for the vegetables is column 4 “servings per purchase unit”.

For purposes of this exercise, we have provided a snippet of each vegetable on this page. The canned tomatoes have the green border, the tomato paste has the blue border, and the onions have the red border.

As we can see in the food buying guide, one #10 can of canned, diced tomatoes provides 49.2 servings of ¼ cup heated, vegetable and juice. **(click)**

We can also see that one number 10 can of tomato paste provides 192 servings of ¼ cup vegetable. **(click)**

And also, we can see that 1 pound of onions provide 7.9 servings of ¼ cup vegetable. **(click)**

We are going to take the servings per purchase unit from the food buying guide and record it on the practice worksheet. **(click)**

We will fill out column six on the next slide.

Arithmetic – Vegetables, continued

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
F/V						
Diced Tomatoes	1/2	#10 can	49.2		24.6	
Tomato Paste	1/4	#10 can	192		48	
Fresh Onions	1/2	Lb	7.9		3.95	

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As we can see column 2 x column 4 will give us column 6.

For diced tomatoes, we are going to take our 49.2 from the food buying guide (**click**), and multiply by 0.5 (**click**). This gives us 24.6 (**click**).

For tomato paste, we are going to take 192 from the food buying guide (**click**), and multiply by 0.25 (**click**). This gives us 48. (**click**)

For the onions, we are going to take 7.9 from the food buying guide (**click**), and multiply by 0.5 (**click**). This gives us 3.95. (**click**)

We will complete the totals on the following slide.

Totals – Top

RECIPE ANALYSIS PRACTICE WORKSHEET

Recipe Name: Chili with Beans Portions per Recipe: 50 cups

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (2) X (4) = (7)
M/MA						
Ground Beef	7	Lb	11.8	82.6		
Pinto Beans	1/2	#10 can	37.2	18.6		
F/V						
Diced Tomatoes	1/2	#10 can	49.2		24.6	
Tomato Paste	1/4	#10 can	192		48	
Fresh Onions	1/2	Lb	7.9		3.95	
G/B						
				Totals	101.2	78.55 (1/4 c)
				Portions per recipe	50	50
				total divided by	total divided by	total divided by

(page numbers refer to 2001 Food Buying Guide)
NOTES:
• Oz to lb conversion chart is on page I-36 FBG.

(9)

By now, your practice worksheet should be filled out and look like this, except for the totals.

Add column 5, and total at the bottom. Likewise, add column 6 and total at the bottom. Fill in the portions per recipe of 50, as previously addressed. Remember, column 6 is all in ¼ cup format, as this is how vegetables are listed in the food buying guide.

We will complete the bottom of the totals on the following slide.

Totals – Bottom

<p>(page numbers refer to 2001 <i>Food Buying Guide</i>) NOTES:</p> <ul style="list-style-type: none"> • Oz to lb conversion chart is on page I-36 FBG. • Remember to convert ready-to-use products to their "as purchased" amount. • The values for Col. 5, 6, & 7 are found by multiplying the value of Col. 2 by the value in Col. 4. • Remember to divide the total ¼ servings of F/V by 4 to get the cups of that component. • Grains/bread in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data or that same size. • Grains/bread in numbers of servings: use the yield data provided for 1 grains/breads serving. 	Totals	101.2	76.55 (1/4 c)		
	Portions per recipe	50	50		
	Calculations 1/4 cup = 1 oz mma	total divided by number of portions 101 ÷ 50 = 2.02	total divided by 4 (to get units in cups), then divided by number of portions 76.55 ÷ 4 = 19.13 ÷ 50 = 0.38	total divided by number of portions	
	This recipe provides ___ portions.	Each Portion Contributes	2 oz meat/meat alternate	3/8 cups(s) fruit/vegetables	servings grains/breads

(10)

After we have totaled column 5 and column 6, we now have to divide by portion.

(click) For column 5, we are adding the amounts from the ground beef and the pinto beans. 101.2 ounces /50 servings = 2.02 ounces per serving. We will round down to 2 ounce equivalents per serving.

Please note – As a reminder for this example, we are crediting the pinto beans as a meat/meat alternate. This is somewhat uncommon, but is allowable. For crediting purposes, 1/4 c of legumes credit as 1 oz of meat/meat alternate. Since the legumes are already in this 1/4 c format from the food buying guide, no conversion will be needed.

(click) For column 6, we are adding the tomatoes, tomato paste, and onions. We have 76.55 1/4 cups after totaling the vegetables. Before dividing by the number of servings, let's first convert from quarter-cups to cups.

We will take 76.55 quarter-cups divided by 4, giving us 19.13 cups. Now, we will take our 19.13 cups and divide by the 50 servings, giving us 0.38 cups per serving. 0.38 cups = 3/8 cup of vegetable per serving.

Each 1 cup serving of the chili provides 2 oz eq meat/meat alternate, and 3/8 cup vegetable. As a reminder, the recipe we used for this example is not standardized, and may need adjustments before being cooked.

Component Contribution

RECIPE ANALYSIS PRACTICE WORKSHEET

Recipe Name: Tuna and Noodles Portions per Recipe: 100 1 cup servings

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Tuna, water packed, chunk light, drained and flaked	4 - 66 1/2 oz cans	66 1/2 oz can	(1 oz svg)	(1 oz svg)		
F/V						
Peas, frozen	10.5 lb	Pound	(1/4 cup svg)		(1/4 cup svg)	
G/B						
Noodles, egg, medium, dry	5 lb	Pound	(1/2 cup svg)			(1/2 cup svg)
Totals					(1/4 c)	servings
Portions per recipe				100	100	100

(12)

Here, we have listed the creditable items from the previous recipe. **(click)**

Additionally, we have listed the quantities needed, as listed in the recipe. **(click)**

Also, we have listed the purchase unit. This is the unit which the corresponding product is to be purchased in. **(click)**

This is important, as this is how you will locate the product in the food buying guide.

On the coming slides, we will complete the rest of the worksheet. In order to complete the rest of the worksheet, we will need to look up the items in the food buying guide, and do a little math.

Food Buying Guide Info

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Meats/Meat Alternates <small>Footnote</small>	Seafood and Fish Seafood, TUNA, canned	Seafood, canned, Tuna Solid, Water packed	66-1/2 oz Can	50.50	1 oz drained tuna
Vegetables	Starchy Vegetables PEAS, GREEN	Peas, Green, frozen Includes USDA Foods	Pound	9.59	1/4 cup cooked, drained vegetable
Grains	Pasta PASTA* <small>Footnote</small>	Pasta (Group II) Noodles, Egg Medium, Enriched ¹ , Dry <small>Footnote</small>	Pound	20.10	1/2 cup cooked

(13)

Here we have the food buying guide information for the creditable food items.

For the Tuna, we can see that one 66 1/2oz can provides 50.5 servings at one ounce. **(click)**.

For the Peas, we can see that 1 pound of frozen peas provides 9.59 servings of a 1/4 cup cooked, drained vegetable **(click)**.

For the Egg Noodles, we can see that 1 pound of egg noodles provides 20.1 servings of 1/2 cup cooked pasta. **(click)**

The numbers we will be adding to our worksheet are the number of servings per purchase unit. **(click)**.

On the next slide, we are going to put these numbers to work.

Doing a little math

RECIPE ANALYSIS PRACTICE WORKSHEET

Recipe Name: Tuna and Noodles Portions per Recipe: 100 1 cup servings

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Tuna, water packed, chunk light, drained and flaked	4 – 66 1/2 oz cans	66 1/2 oz can	$\frac{50.5}{(1 \text{ oz svg})}$	$\frac{202}{(1 \text{ oz svg})}$		
F/V						
Peas, frozen	10.5 lb	Pound	$\frac{9.59}{(1/4 \text{ cup svg})}$		$\frac{101}{(1/4 \text{ cup svg})}$	
G/B						
Noodles, egg, medium, dry	5 lb	Pound	$\frac{20.1}{1/2 \text{ cup svg}}$			$\frac{101}{(1/2 \text{ cup svg})}$
<small>(page numbers refer to 2001 Food Buying Guide)</small>				Totals		(1/4 c) servings
<small>NOTES:</small>				Portions per recipe	100	100

(14)

The red border identifies the servings per purchase unit, which we found in the food buying guide, and had listed on the previous slide.

Read the instructions on column 5, 6, and 7. **(click)**.

In all columns, we are taking the figure from column 2 multiplied by the figure from column 4.

We will look more closely at these figures on the following slide.

A little more math

RECIPE ANALYSIS PRACTICE WORKSHEET

Recipe Name: Tuna and Noodles Portions per Recipe: 100 1 cup servings

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA Tuna, water packed, chunk light, drained and flaked	4 – 66 1/2 oz cans	66 1/2 oz can	$\frac{50.5}{(1 \text{ oz svg})}$	$\frac{202}{(1 \text{ oz svg})}$		
F/V Peas, frozen	10.5 lb	Pound	$\frac{9.59}{(1/4 \text{ cup svg})}$		$\frac{101}{(1/4 \text{ cup svg})}$	
G/B Noodles, egg, medium, dry	5 lb	Pound	$\frac{20.1}{1/2 \text{ cup svg}}$			$\frac{101}{(1/2 \text{ cup svg})}$
<small>(page numbers refer to 2001 Food Buying Guide)</small>			Totals		(1/4 c)	servings
<small>NOTES:</small>			Portions per recipe	100	100	100

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(click) In the red, when we take the number of cans, 4, multiplied by the servings per can according to the food buying guide, 50.5, we get 202 ounces. Report this in column 5, the Meat column.

(click) in the blue, when we take the number of pounds, 10.5, multiplied by the servings per pound according to the food buying guide, 9.59, we get 101 servings. Report this in column 6, the vegetable column. Remember, vegetables are listed in 1/4 cup servings in the food buying guide.

(click) in the green, when we take the number of pounds, 5, multiplied by the number of servings per pound according to the food buying guide, 20.1, we get 101 servings. Report this in column 7, the grain column.

One note about grain. In most cases, recipes involving pasta will require the pasta to be boiled first, before adding to the pan. Use the Food Buying Guide for component crediting in this case. In the event of adding dry pasta to a recipe, such as lasagna, consult the additional notes in the food buying guide, or use the total ounces of dry pasta added to the recipe, and credit ounce-for-ounce, as described in Group H of the Grain/Bread chart.

We will look at the bottom calculations of this worksheet on the coming slide.

Tuna & Noodles Answer

<small>(page numbers refer to 2001 Food Buying Guide)</small> NOTES: <ul style="list-style-type: none"> Oz to lb conversion chart is on page I-36 FBG. Remember to convert ready-to-use products to their "as purchased" amount. The values for Col. 5, 6, & 7 are found by multiplying the value of Col. 2 by the value in Col. 4. Remember to divide the total ¼ servings of FV by 4 to get the cups of that component. Grains/bread in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data or that same size. Grains/bread in numbers of servings: use the yield data provided for 1 grains/breads serving. 	Totals	205 (oz)	101 (1/4 c)	101 servings
	Portions per recipe	100	100	100
	Calculations	total divided by number of portions $205 \div 100 = 2.05 \text{ oz}$	total divided by 4 (to get units in cups), then divided by number of portions $101 \div 4 = 25.25 \text{ cups} \div 100 = 0.25 \text{ cups}$	total divided by number of portions $101 \div 100 = 1 \text{ serving (1/2 cup)}$
This recipe provides ___ portions.	Each Portion Contributes	2 oz meat/meat alternate	1/4 cups(s) fruit/vegetables	1 servings grains/breads

After calculating our column 2 multiplied by column 4, we brought our totals down to the total line.

As we can see, we have the total of the meat column – column 5 – in the red box. **(click)**

We have the vegetable total – column 6 – in the blue box. **(click)**

And we have the grain total – column 7 – in the green box. **(click)**

We now have to divide by the portions per recipe. In this case, 100.

For the meat, we take our 205 ounces and divide by 100, giving us 2 ounces per portion.

Remember, for vegetables, we first have to convert into cup form, which means we have to take our quarter-cup total and divide by 4.

We will take our 101 1/4 cups and divide by 4, giving us 25.25 cups. Then, we divide by our 100 servings, giving us 0.25 cups, or 1/4 cup vegetable per serving.

For grain, we take our 101 servings divided by 100, giving us 1 -1/2 cup serving, or 1 ounce equivalent.

Thank You!

Please feel free to contact the **CANS office**
with any questions!

Phone: 605-773-3413

Email: DOE.SchoolLunch@state.sd.us

Website: doe.sd.gov/cans/



(18)

Thank you for attending this webinar on Component Contribution.

Please feel free to re-watch the training, and pause when needed.

If you have any questions on this training, please feel free to contact our office. You can email us at DOE.SchoolLunch@state.sd.us or give us a call at 605-773-3413, or you can visit our website.

Component Crediting Training
Professional Standards Training Credit

Print, sign & date this certificate for your records.

This training credits for 30 minutes of training in

Key Area 1 – Menu Planning

1150 – Menu Planning – Menu Analysis

Key Area 2 – Operations

2150 – Operations – CN Labeling, Crediting

Your Name:

Date of Training:



(19)

This training credits for 30 minutes of training in Key area 1- menu planning and key area 2-operations.

This is the certificate of training completion, please print and sign this slide for your records.

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1400 Independence Avenue, SW
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(2) Fax: (202) 690-7442; or

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